

"SONGS" FROM THE HEART !!



American Heart Association



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"TAKE GOOD CARE OF YOUR HEART"

THE HEART MARCH

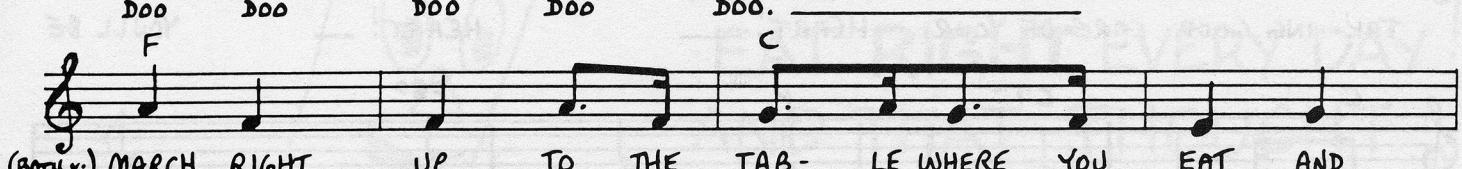
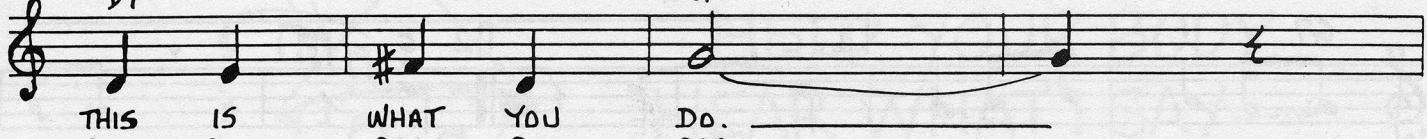
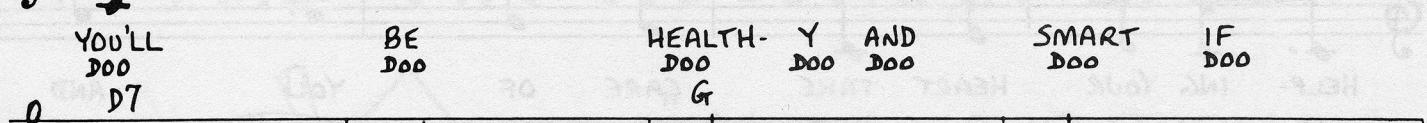


"TAKE GOOD CARE OF YOUR HEART!"

THE AMERICAN HEART ASSOCIATION MARCH

(INTRO)

by JOEL HERRON
A.S.C.A.P. A.G.A.C.



TAKE GOOD CARE OF YOUR HEART!

B7

MARCH OUT AND GET YOURSELF SOME EX- ER- CISE SO YOUR

D7 G7

HEART WILL WORK LIKE IT'S SUP- POSED TO DO!

D7 G7

C C/E F C/E

YOU'LL FEEL GOOD THE WAY THAT YOU SHOULD AND THERE'S AN

G7/D G7 C G7

EX-TRA SU- PER SPEC- IAL PART! _____ YOU'LL BE

C C7 F F#o

HELP- ING YOUR HEART TAKE CARE OF YOU AND

G7 1. C || 2. C

TAK- ING GOOD CARE OF YOUR HEART! — HEART! — YOU'LL BE

C C7 F F#o

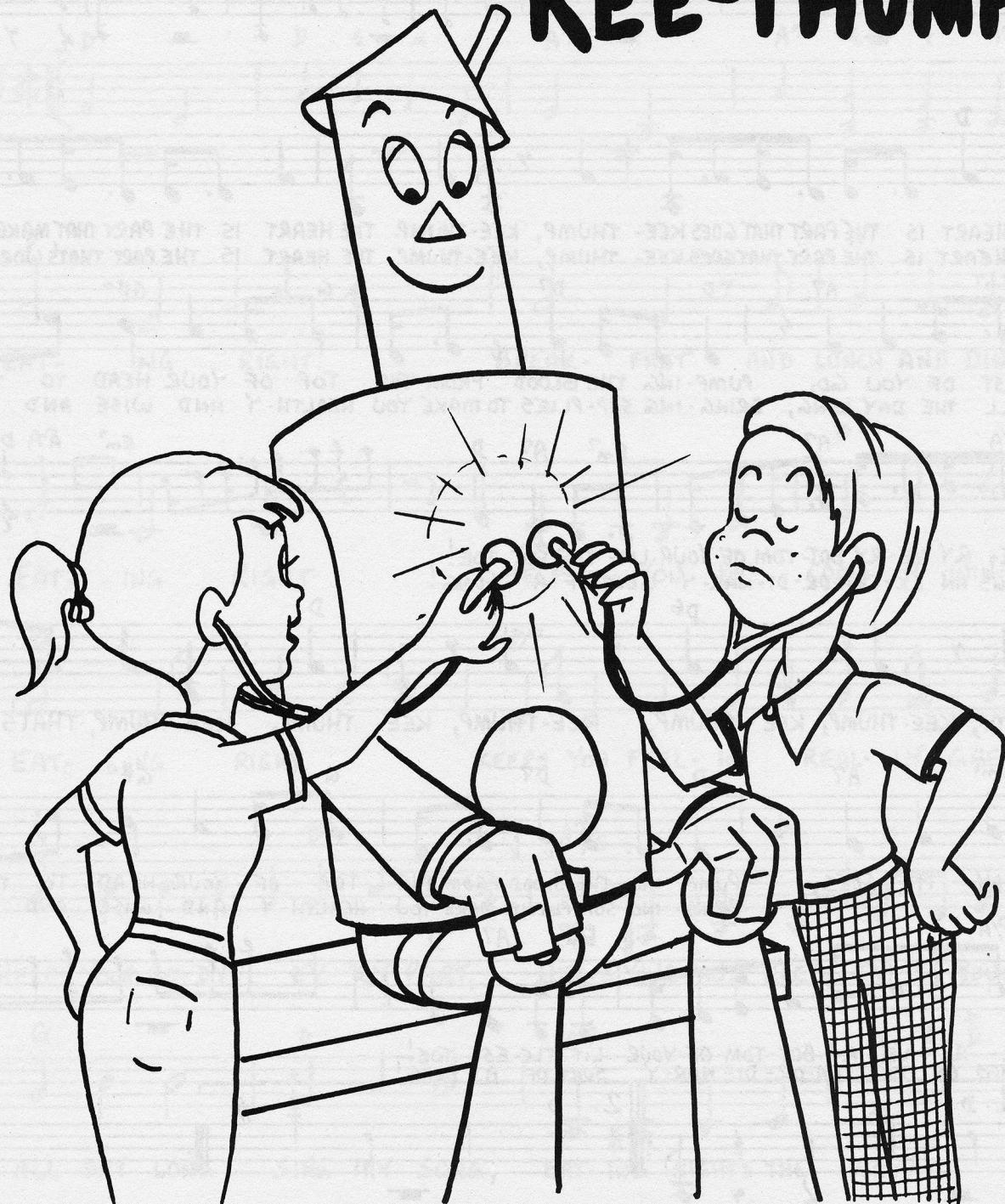
HELP- ING YOUR HEART TAKE CARE OF YOU AND

G7

TAK- ING GOOD CARE OF YOUR HEART!

THE HEART IS THE PART
THAT GOES THUMP!

KEE-THUMP !!



"THE HEART IS THE PART THAT GOES THUMP! (KEE-THUMP)"

by JOEL HERRON
A.S.C.A.P. A.G.A.C.

(INTRO)



[VERSE]

D



HEART IS THE PART THAT GOES KEE- THUMP, KEE- THUMP. THE HEART IS THE PART THAT MAKES THE
HEART IS THE PART THAT GOES KEE- THUMP, KEE- THUMP. THE HEART IS THE PART THAT'S WORK-ING



REST OF YOU GO, PUMP-ING THE BLOOD FROM THE TOP OF YOUR HEAD TO THE
ALL THE DAY LONG, BRING-ING SUP-PLIES TO MAKE YOU HEALTH-Y AND WISE AND IT



VE- RY VE- RY BOT-TOM OF YOUR LIT- TLE-EST TOE!
SINGS AN EX-TRA-OR-DI-NAR-Y SORT OF A SONG!

[CHORUS]

D

D6

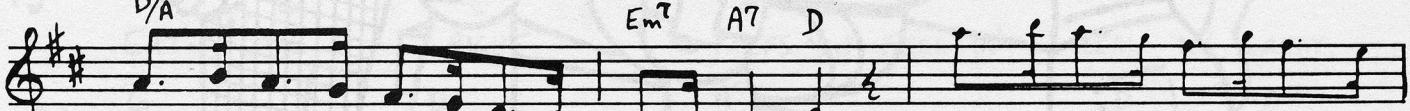
D



THUMP, KEE-THUMP, KEE- THUMP, KEE-THUMP, KEE-THUMP, KEE-THUMP, THAT'S THE



WAY IT GOES, PUMP-ING THE BLOOD FROM THE TOP OF YOUR HEAD TO THE
BRING-ING SUP-PLIES TO MAKE YOU HEALTH-Y AND WISE AND IT



VE- RY VE- RY BOT-TOM OF YOUR LIT- TLE-EST TOE!
SINGS AN EX-TRA-OR-DI-NAR-Y SORT OF A SONG!



THE

"THE EXERCISE SONG"



"THE EXERCISE SONG"

YOU GOTTA RUN, RUN, RUN, RUN, RUN

by JOEL HERRON
A.S.C.A.P. A.G.A.C.

(INTRO)

G7

C G7 C

RUN, RUN, RUN, RUN, RUN, BE-CAUSE IT'S FUN, FUN, FUN, FUN, FUN. — AND IT'S

Dm7 G7 C C C/G G7 C

GOOD FOR YOUR LEGS AND IT'S GOOD FOR YOUR HEART! GET IN SHAPE WITH A RUN-NING START.

G7 C C

YOU GOT-TA SWIM, SWIM, SWIM, SWIM, SWIM; IT'S GOOD FOR

G7 C Dm7 G7 C

EV-'RY HER AND HIM; AND YOUR MUS-CLES WILL GROW WHILE YOU'RE OUT HAV-ING FUN, YOU'LL BE

C G7 C G7 C

STRONGER AND HEALTH-I- ER WHEN YOU'RE DONE.

G7 C G7 C

EX-ER-CISE IS REAL-LY GREAT. JUMP ROPE'S GOOD OR YOU CAN ROL-LER SKATE.

F C/E F C/E C/G G7 C

RID-ING A BIKE, GIRL OR BOY, HELPS YOUR HEART AND THE REST OF YOU EN-JOY!

THE EXERCISE SONG

THE EXERCISE SONG

OH, IF YOU

WANT TO BE QUITE WISE, YOU'LL GET YOUR SHARE OF EX- ER- CISE — IN A

POOL, ON A BIKE OR WHILE YOU RUN, RUN, RUN, DO YOUR HEART A FAV- OR WHILE

1. C/G G7 C 2. C/G G7 C //

YOU HAVE FUN. YOU GOT-TA YOU HAVE FUN!

The musical score consists of three staves of handwritten music. The first staff starts with a treble clef, followed by a measure of eighth notes, a rest, another measure of eighth notes, a G7 chord (indicated by a 7 over G), a C chord (indicated by a C over a vertical line), and a measure ending in a rest. The lyrics "OH, IF YOU" are written below the staff. The second staff begins with a C chord, followed by a measure of eighth notes, a G7 chord, and a C chord. The lyrics "WANT TO BE QUITE WISE, YOU'LL GET YOUR SHARE OF EX- ER- CISE — IN A" are written below the staff. The third staff begins with a Dm7 chord (indicated by a 7 over D), followed by a G7 chord, and two measures of eighth notes. The lyrics "POOL, ON A BIKE OR WHILE YOU RUN, RUN, RUN, DO YOUR HEART A FAV- OR WHILE" are written below the staff. Below the third staff, there are two endings. Ending 1 shows a treble clef, a C/G chord, a G7 chord, and a C chord. Ending 2 shows a treble clef, a C/G chord, a G7 chord, and a C chord followed by a repeat sign and a double bar line. The lyrics "YOU HAVE FUN. YOU GOT-TA" are under the first ending, and "YOU HAVE FUN!" are under the second ending.

THE SCARECROW SAYS:

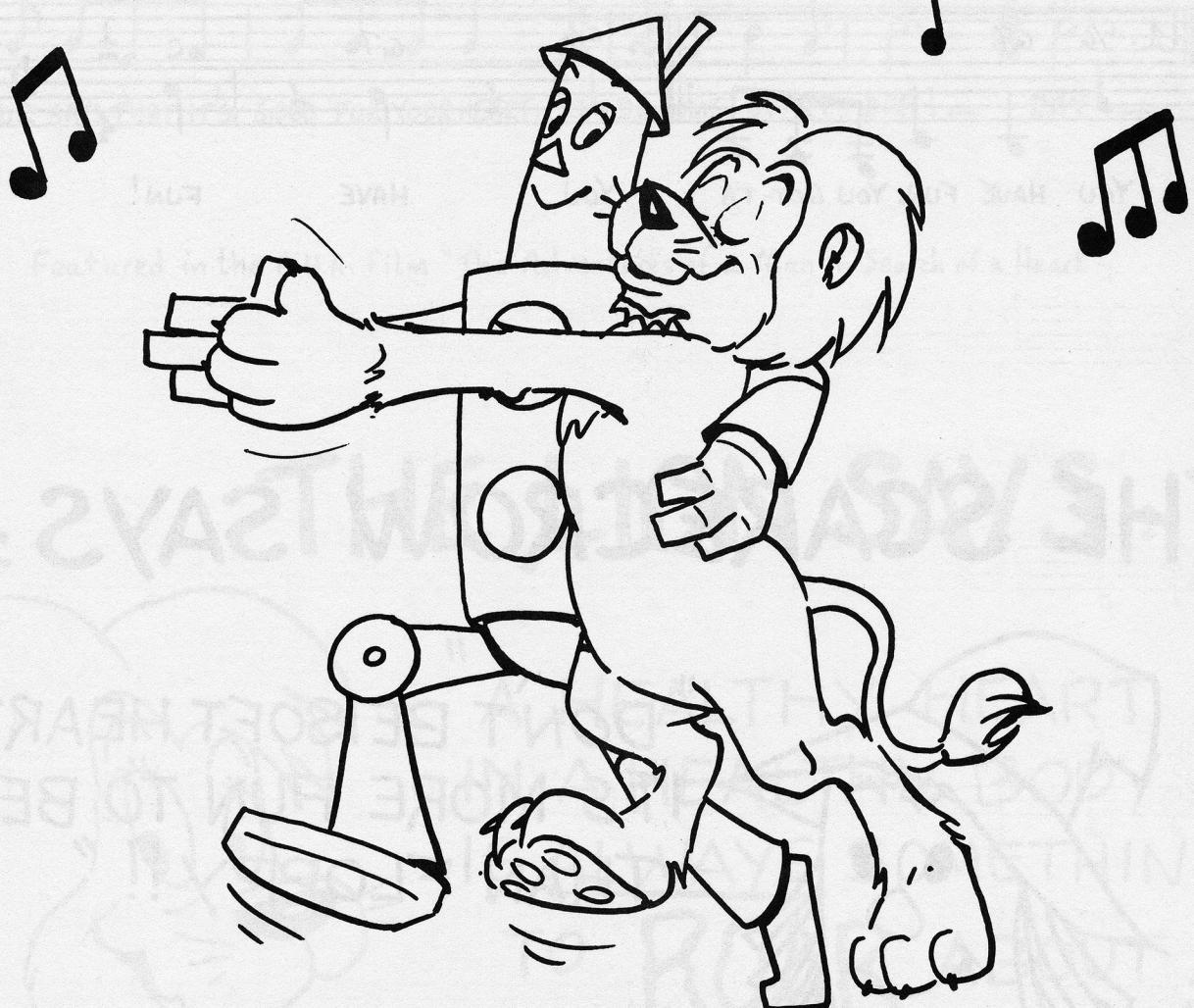


"DON'T BE SOFT HEARTED!
IT'S MORE FUN TO BE FIT
THAN FLOPPY!!"

G^3 "AROUND AND 'ROUND

THE CIRCULATORY"

"THE HEART WALTZ!!"



"AROUND AND 'ROUND THE CIRCULATORY"

THE HEART WALTZ

by JOEL HERRON
A.S.C.A.P. A.G.A.C.

Ab⁷ Eb^{m7} Ab⁷ Eb^{m7} Ab⁷ Eb^{m7} Ab⁷

D_b (1st x:) A-
(2nd x:) DOO
Db/F

ROUND AND 'ROUND I'M THE CIR- CU- LA- TOR- Y; 'ROUND AND
DOO DOO

Db/Ab Eb^{m7} Ab⁷ Ab⁷/Eb Ab⁷

'ROUND WATCH ME GO. (BOTH TIMES:) I KEEP THE BLOOD
DOO DOO DOO Doo. Eb⁷ Ab⁷

Db FLOW- ING A- LONG TO KEEP YOUR BO- DY HEALTH- Y AND
Ab⁷ Db

STRONG— A- ROUND AND 'ROUND I'M TELL- ING A STOR- Y,
Db⁷ Gb Gb

THIS IS THE WAY THAT I GO. I COM- BINE WITH YOUR
Gb Db/Ab Db/Ab

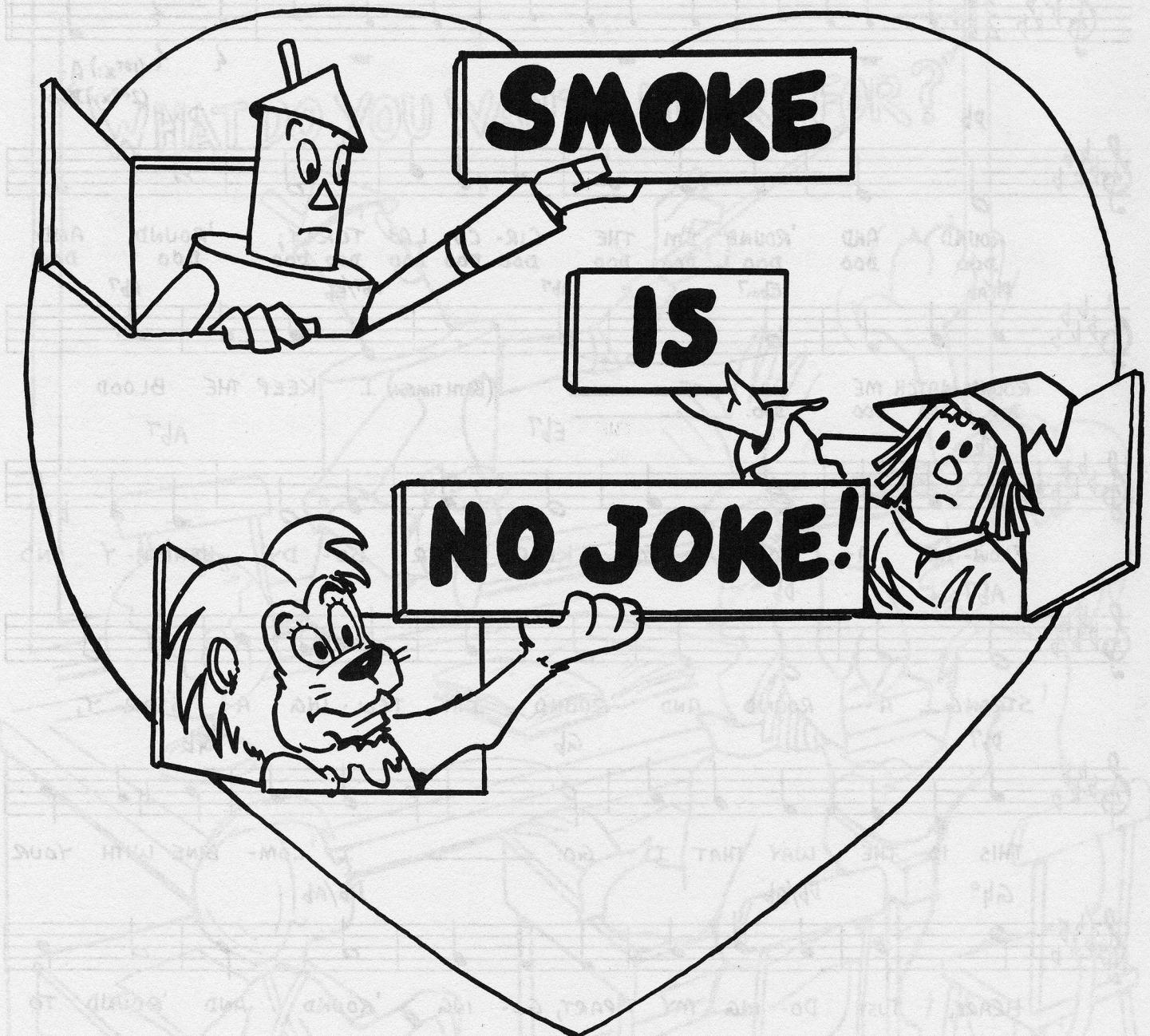
HEART, JUST DO- ING MY PART, GO- ING 'ROUND AND 'ROUND TO
Ab⁷ Db Db/Ab

HELP YOU GROW, GO- ING 'ROUND AND 'ROUND TO
Db/Ab

1. Ab⁷ Db 2. Ab⁷ Db

HELP YOU GROW! HELP YOU GROW!

Quitting Smoking CAN Save Your LIFE



"SMOKE IS NO JOKE"

by JOEL HERRON
A.S.C.A.P. A.G.A.C.

(INTRO)

A hand-drawn musical score for a single staff. The key signature is one sharp (F#), and the time signature is common time (C). The melody consists of eighth and sixteenth notes. The chords indicated above the staff are Bb7 and A7.

A hand-drawn musical score for a single staff. The key signature is one sharp (F#), and the time signature is common time (C). The melody consists of eighth and sixteenth notes. The chords indicated above the staff are Dm, A7/E, A7, and Dm. The lyrics "SMOKE IS NO JOKE!" and "SMOK-ING IS A TER-RI-BLE HAB-IT." are written below the staff.

A hand-drawn musical score for a single staff. The key signature is one sharp (F#), and the time signature is common time (C). The melody consists of eighth and sixteenth notes. The chords indicated above the staff are Dm, Dm/F, Gm, Em7**bs**, A7, and Dm. The lyrics "SMOK-ING IS BAD FOR A WO-MAN OR MAN OR A KID OR A CHIPMUNK OR A RAB-BIT." are written below the staff.

A hand-drawn musical score for a single staff. The key signature is one sharp (F#), and the time signature is common time (C). The melody consists of eighth and sixteenth notes. The chords indicated above the staff are Dm, A7/E, A7, and Dm. The lyrics "SMOK-ING IS DUMB!" and "REAL-LY COOL CATS DON'T TRY IT." are written below the staff.

A hand-drawn musical score for a single staff. The key signature is one sharp (F#), and the time signature is common time (C). The melody consists of eighth and sixteenth notes. The chords indicated above the staff are Dm, Dm/F, Gm, Em7**bs**, A7, and Dm. The lyrics "SMOK-ING WON'T DO A THING FOR YOU; COOL CATS PASS RIGHT BY IT." are written below the staff.

A hand-drawn musical score for a single staff. The key signature is one sharp (F#), and the time signature is common time (C). The melody consists of eighth and sixteenth notes. The chords indicated above the staff are A7, Dm, A7, and Dm. The lyrics "DON'T SMOKE!", "BE SMART! UN-", "LESS YOU WANT AN", and "UN-HAP-PY HEART. WITH" are written below the staff.

SMOKE IS NO JOKE

Handwritten musical score for 'Smoke Is No Joke'. The first line consists of a single staff in G minor (indicated by a 'Gm' at the beginning) with a key signature of one sharp. The chords shown are Em^{b5}, Dm, E7, Bm⁷, E7, A7, Em^{b5}, and A7. The lyrics for this section are: FIN-GERS AND TEETH ALL STAINED PRETTY BAD AND A COUGH AND A BREATH THAT GET O-THER FOLKS MAD!

Handwritten musical score for 'Smoke Is No Joke'. The second line starts with a staff in A major (indicated by an 'A7' at the beginning) with a key signature of one sharp. The chords shown are A7, Em^{b5}, A7, Dm, A7/E, and A7. The lyrics for this section are: BE GOOD TO YOURSELF. DON'T PUFF, PUFF 'TIL YOU

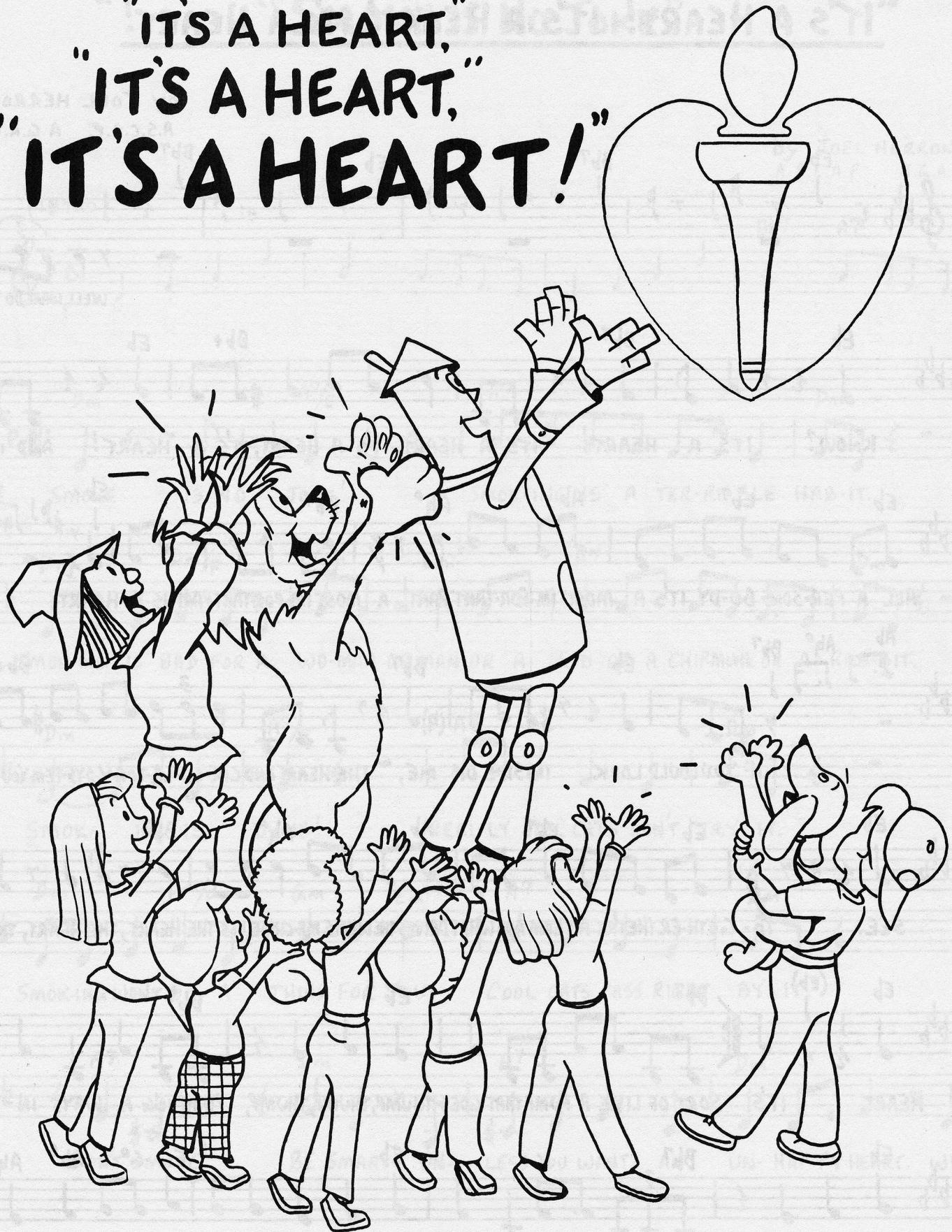
Handwritten musical score for 'Smoke Is No Joke'. The third line starts with a staff in D minor (indicated by a 'Dm' at the beginning) with a key signature of one flat. The chords shown are Dm, Gm, Em^{b5}, and A7. The lyrics for this section are: CHOKE. IT'S CRAZ-Y TO START WHAT'S NO GOOD FOR YOUR HEART. SMOKE IS NO

Handwritten musical score for 'Smoke Is No Joke'. The fourth line starts with a staff in D minor (indicated by a 'Dm' at the beginning) with a key signature of one flat. The chords shown are Dm, A7, and Dm. The lyrics for this section are: 1. JOKE! 2. JOKE! IT'S CRAZ-Y TO START WHAT'S NO

Handwritten musical score for 'Smoke Is No Joke'. The fifth line starts with a staff in E minor (indicated by an 'Em^{b5}' at the beginning) with a key signature of one flat. The chords shown are A7, Dm, Dm, Gm, A7, and Dm. The lyrics for this section are: GOOD FOR YOUR HEART. SMOKE IS NO JOKE! NO!

Featured in the A.H.A. film "The Heart That Changed Color!"

**"IT'S A HEART,"
"IT'S A HEART,"
"IT'S A HEART!"**



"IT'S A HEART! IT'S A HEART! IT'S A HEART!"

by JOEL HERRON

A.S.C.A.P. A.G.A.C.

Hand-drawn musical score for "It's a Heart!" featuring a single staff in E-flat major (two flats) and common time. The melody consists of eighth and sixteenth notes. Chords indicated above the staff include Eb, Bb7, Eb, and Bb7. The score ends with a fermata over the final note and the lyrics "WELL, WHAT DO YOU".

Continuation of the musical score in E-flat major. The melody continues with chords Eb, Bb7, Bb+, and Eb. The lyrics "KNOW? IT'S A HEART! IT'S A HEART, IT'S A HEART, IT'S A HEART! AND IN" are written below the staff.

Continuation of the musical score in E-flat major. The melody includes chords Eb, Eb7, Ab, A \flat °, Bb7, and Eb. The lyrics "ALL A PER-SON'S BD-DY IT'S A MOST IM-POR-TANT PART, A MOST IM-POR-TANT PART IS A HEART." are written below the staff.

Continuation of the musical score in E-flat major. The melody includes chords Ab, A \flat °, Bb7, Eb, Bb7, and Bb+. The lyrics "IF YOU COULD LOOK IN-SIDE OF ME, THE HEART AND CIR-CU-LA-TORY SYS-TEM YOU WOULD" are written below the staff.

Continuation of the musical score in E-flat major. The melody includes chords Eb, Eb, Eb7, Ab, A \flat °, and Bb7. The lyrics "SEE. TO-GETHER THEY'RE A TEAM AND WHAT DRIVES THE WHOLE MACHINE, IT'S THE HEART, THE HEART, THE" are written below the staff.

Continuation of the musical score in E-flat major. The melody includes chords Eb, (Eb), Bb7, Eb, and Bb7. The lyrics "HEART. IT'S SORT OF LIKE A PUMP THAT GOES THUMP, THUMP, THUMP, PUMP-ING A-WAY IN-" are written below the staff.

Continuation of the musical score in E-flat major. The melody includes chords Eb, Bb7, Eb, Fm, G°, Ab \flat , and A \flat °. The lyrics "SIDE YOUR CHEST, DO-ING A MOST IM-POR-TANT JOB FOR YOU THAT A GOOD HEALTHY HEART KNOWS" are written below the staff.

IT'S A HEART! IT'S A HEART! IT'S A HEART!

Musical score for a single melodic line. The key signature is B-flat major (two flats). The melody consists of eighth and sixteenth notes. Chords indicated above the staff include Bb7, Fm, G°, Ab°, Ab7, Bb, Bb7, and Eb. The tempo is marked with a 'f' (fortissimo).

HOW TO DO BEST.

IT NEV-ER STOPS;

IT PUMPS A-

Musical score for a single melodic line. The key signature is B-flat major (two flats). The melody consists of eighth and sixteenth notes. Chords indicated above the staff include Bb7 and Eb. The tempo is marked with a 'f' (fortissimo).

WAY IN THE MORN-ING, IN THE NIGHT, IN THE MID-DLE OF THE DAY; AND IT

Musical score for a single melodic line. The key signature is B-flat major (two flats). The melody consists of eighth and sixteenth notes. Chords indicated above the staff include Eb, Eb7, Ab, Ab7, Bb7, and Eb. The tempo is marked with a 'f' (fortissimo).

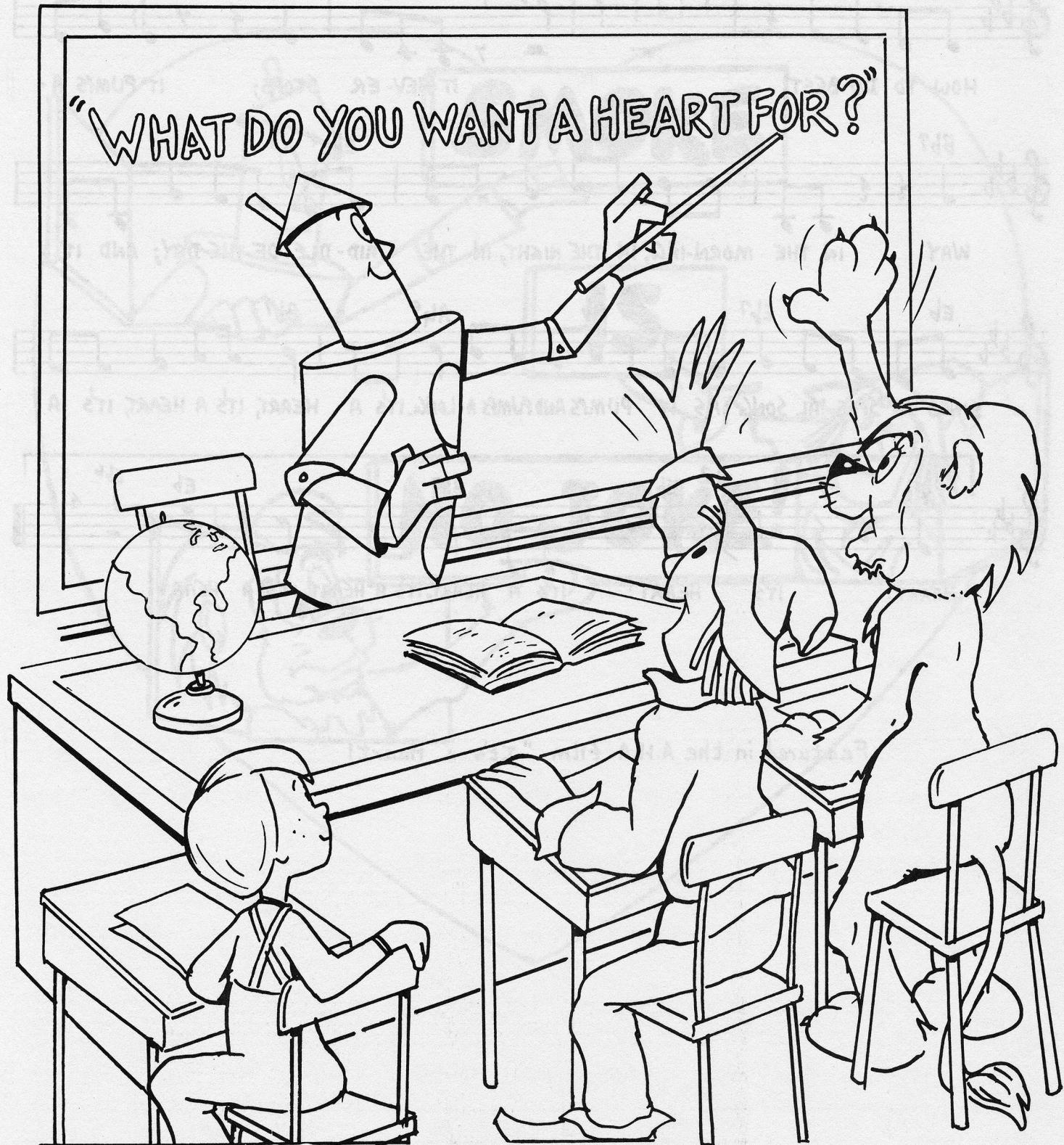
SINGS A SPEC-IAL SONG AS IT PUMPS AND PUMPS A-LONG. IT'S A HEART, IT'S A HEART, IT'S A

Musical score for a single melodic line. The key signature is B-flat major (two flats). The melody consists of eighth and sixteenth notes. Chords indicated above the staff include Eb, Eb7, Bb7, Eb, Eb6, and Eb. The tempo is marked with a 'f' (fortissimo).

HEART! IT'S HEART! IT'S A HEART, IT'S A HEART, IT'S A HEART!

Featured in the A.H.A. film "It's a Heart!"

QUESTION AND ANSWER SONG



THE QUESTION AND ANSWER SONG

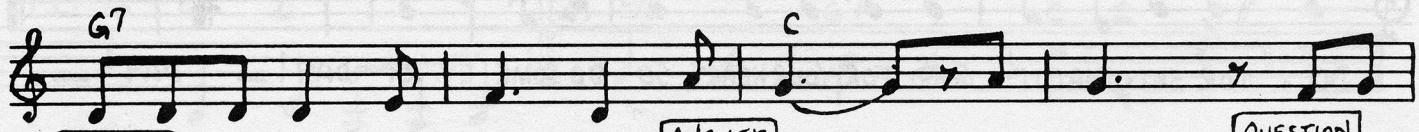
"WHAT DO YOU WANT A HEART FOR?"

by JOEL HERRON
A.S.C.A.P. A.G.A.C.



[QUESTION] WHAT DO YOU WANT A HEART FOR? TO THUMP,— TO THUMP.

[ANSWER]



[QUESTION] WHAT DO YOU NEED A HEART FOR? TO PUMP,— TO PUMP. [QUESTION] WILL YOU

[ANSWER]



ALWAYS TAKE GOOD CARE OF IT LIKE THE DOC-TOR SAYS YOU SHOULD? I'LL NEV-ER

[ANSWER]



MAKE IT O-VER-WORK OR TREAT IT BAD! [QUESTION] THAT'S GOOD! AND WILL YOU

[ANSWER]



EAT THE PRO-P-ER FOOD, MAKE SURE IT'S HEALTH-Y FOR YOUR HEART?— [ANSWER]

I



WON'T EAT THINGS THAT MAKE ME FAT. I KNOW IT IS-N'T SMART. AND WILL YOU

[ANSWER]

THE QUESTION AND ANSWER SONG
(WHAT DO YOU WANT A HEART FOR?)

C C+ F BOTH

ANSWER

EX- ER-CISE? I'LL EX- ER-CISE I'LL RUN AND SWIM AND PLAY. — THE

C/G Dm⁷ G7 C

DOC-TOR SAYS THAT IT'S GOOD FOR YOUR HEART SO DO SOME EV-'RY DAY. — THE

C/G Dm⁷ G7 1.c 2.c

DOC-TOR SAYS THAT IT'S GOOD FOR YOUR HEART, SO DO SOME EV-'RY DAY! — DAY! —

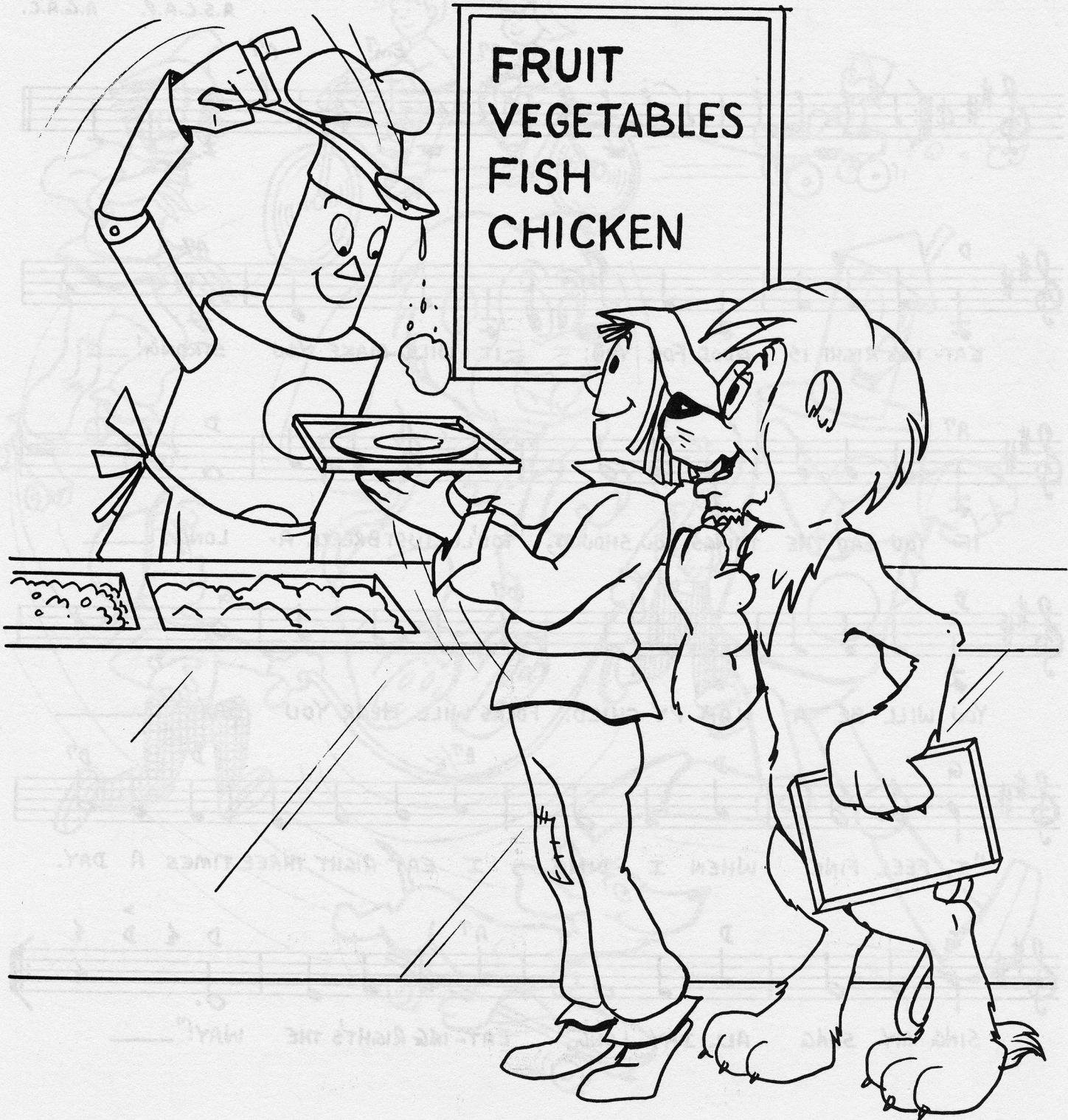
Featured in the A.H.A. film "The Adventures of a Man in Search of a Heart"

THE LION SAYS :



"A HEALTHY HEART
IN A HEALTHY BODY
IS ALWAYS SOMETHING
TO ROAR ABOUT!!"

"EATING RIGHT!"



"EATING RIGHT!"

PART I

by JOEL HERRON
A.S.C.A.P. A.G.A.C.

Hand-drawn musical notation for the first line of the song. The key signature is G major (one sharp). The melody starts with eighth notes, followed by a quarter note, then eighth notes again. Chords indicated above the staff are A7, Em7, and A7.

Hand-drawn musical notation for the second line of the song. The melody continues with eighth notes and quarter notes. Chords indicated above the staff are D and A7. The lyrics "EAT- ING RIGHT IS GOOD FOR YOU; IT WILL MAKE YOU STRONG!" are written below the staff.

Hand-drawn musical notation for the third line of the song. The melody consists of eighth notes and quarter notes. Chords indicated above the staff are A7 and D. The lyrics "IF YOU EAT THE THINGS YOU SHOULD, YOU'LL JUST BREEZE A- LONG." are written below the staff.

Hand-drawn musical notation for the fourth line of the song. The melody includes eighth notes and quarter notes. Chords indicated above the staff are D and G. The lyrics "YOU WILL BE A HAP- PY CHILD. FOLKS WILL HEAR YOU SAY:" are written below the staff.

Hand-drawn musical notation for the fifth line of the song. The melody features eighth notes and quarter notes. Chords indicated above the staff are G, D, A7/E, D, and D7. The lyrics "I FEEL FINE WHEN I DINE. I EAT RIGHT THREE TIMES A DAY." are written below the staff.

Hand-drawn musical notation for the sixth line of the song. The melody consists of eighth notes and quarter notes. Chords indicated above the staff are G, D, A7, and D. The lyrics "SING MY SONG ALL DAY LONG, EAT- ING RIGHT'S THE WAY!" are written below the staff.

"EATING RIGHT!"

PART II

by JOEL HERRON
A.S.C.A.P. A.G.A.C.

The musical score consists of five staves of handwritten music in G major (indicated by a treble clef and two sharps) and common time. The lyrics are written below each staff.

Staff 1: D | D ε - | A7 | A7 ε ε A7 |
EAT- ING RIGHT!

Staff 2: D | A7 |
EAT- ING RIGHT! BREAK- FAST AND LUNCH AND DIN- NER.

Staff 3: A7 | D |
EAT- ING RIGHT HELPS YOU BE- COME A WIN- NER.

Staff 4: D | D7 | G |
EAT- ING RIGHT KEEPS YOU FEEL- IN' REAL- LY GREAT;

Staff 5: G | D | A7/E | D | D7 |
HELPS YOUR BO-DY, EV- 'RY PART, HELPS YOUR MUS- CLES, EV- EN YOUR HEART.

Staff 6: G | D | A7 | D ε D ε |
ALL DAY LONG SING MY SONG, EAT- ING RIGHT'S THE WAY!

"EATING RIGHT!"

PART III

by JOEL HERRON
A.S.C.A.P. A.G.A.C.

A7 Em⁷ C A7 E X X

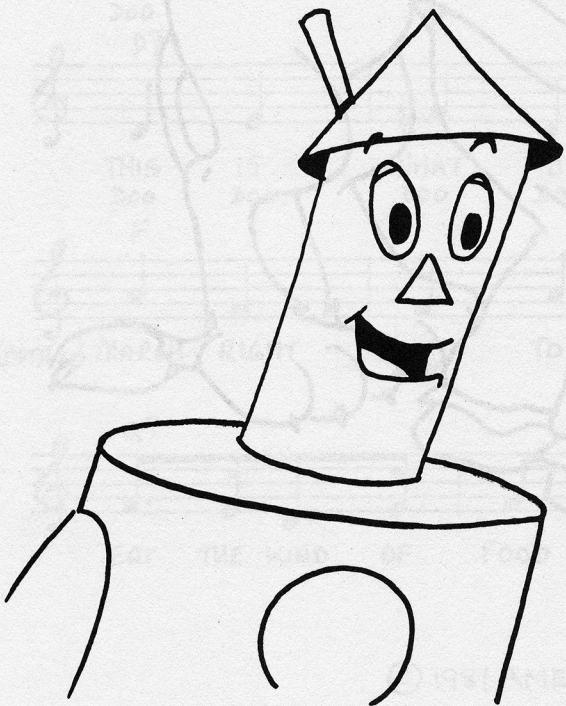
SING MY SONG ALL DAY LONG, EAT- ING RIGHT'S THE WAY." —

ALL DAY LONG SING MY SONG, EAT- [#]₇ ING RIGHT'S THE WAY." —

SING MY SONG ALL DAY LONG, EAT- ING RIGHT'S THE WAY." —

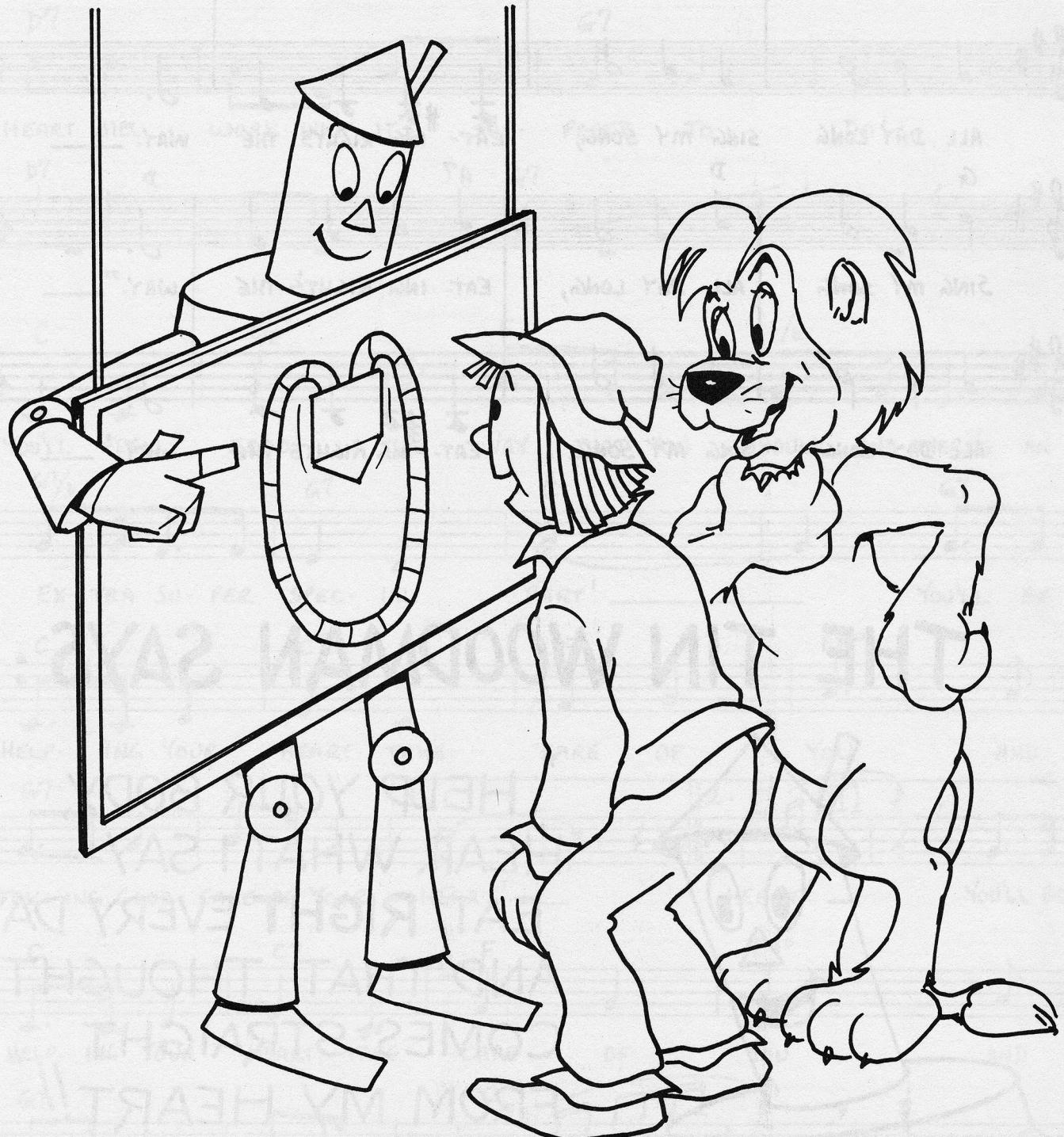
ALL DAY LONG SING MY SONG, EAT- [#]₇ ING RIGHT'S THE WAY." —

THE TIN WOODMAN SAYS :



" HELP YOUR BODY,
HEAR WHAT I SAY—
EAT RIGHT EVERY DAY !
AND THAT THOUGHT
COMES STRAIGHT
FROM MY HEART !! "

"THE CIRCULATORY SYSTEM AND YOUR HEART"



"THE CIRCULATORY SYSTEM AND YOUR HEART"

by JOEL HERRON
A.S.C.A.P. A.G.A.C.

Musical score for "THE CIRCULATORY SYSTEM AND YOUR HEART" by Joel Herron. The score consists of six staves of handwritten musical notation on five-line staff paper. The key signature is F major (one sharp). The first staff starts with a quarter note Eb. The second staff starts with a quarter note Eb. The third staff starts with a quarter note Fm⁷. The fourth staff starts with a quarter note Bb⁷. The fifth staff starts with a quarter note Eb. The sixth staff starts with a quarter note Fm⁷. The lyrics are written below the music:

OH, YOUR

HEART GOES THUMP, KEE-THUMP, KEE-THUMP, PUMP-ING BLOOD FROM HEAD TO

Fm⁷ Bb⁷ Fm⁷ Bb⁷ Gm⁷ C7

TOE. — YES, YOUR HEART GOES THUMP, IT'S A REG-U-LAR PUMP AND IT

Eb Fm⁷ Eb Bb⁷ Eb Eb Fm⁷ Bb⁷

MAKES THE CIR-CU-LA-TOR-Y SYS-TEM GO. YES, YOUR HEART GOES THUMP, IT'S A REG-U-LAR PUMP AND IT

Eb Fm⁷ Eb Bb⁷ Eb Eb Bb⁷ Eb

MAKES THE CIR-CU-LA-TOR-Y SYS-TEM GO.

Fm⁷ Abm⁷ Bb⁷ Ebm⁷ Fm⁷ Eb⁶ Fm⁷ Bb⁷ Eb Fm⁷ Eb⁶

'ROUND AND 'ROUND THE BLOOD GOES 'ROUND, CIR-CU-LA-TING THRU AND THRU;

G⁷ Cm G⁷ Cm Eb Eb Bb⁷ Eb

FIRST TO THE LUNGS AND BACK TO THE HEART AND THEN TO ALL THE REST OF YOU.

THE CIRCULATORY SYSTEM AND YOUR HEART

Eb Fm⁷ Bb⁷ Eb Dm^{7 b5} G7 Cm

TO THE BRAIN, TO THE LIV- ER,—

Dm^{7 b5} G7 Cm Eb Ab Eb Ab Eb

TO THE KID-NEY'S TOO.— FROM YOUR HEAD TO YOUR TOES THE SYS-TEM GOES, TO

Eb Eb Bb⁷ Eb Eb Eb Bb⁷ Eb

EACH AND EV- 'RY PART OF YOU.

NOW THAT'S THE

Eb Fm⁷ Eb Eb⁷ Ab Eb⁷ Ab

END OF MY STO- RY — 'BOUT THE CIR- CU- LA- TOR- Y

Bb⁷ Fm⁷ Eb F^o Eb Bb⁷ Eb Eb⁷ Ab Eb Fm⁷

SYS-TEM AND KEE- THUMP, KEE-THUMP. I MEAN YOUR HEART, THAT SPEC-IAL PART, YOUR

Eb Bb⁷ Eb Eb

HEART, THAT RE- MARK-A-BLE PUMP, YOUR HEART THAT RE-

Bb⁷ Eb // Eb Bb⁷ Eb //

MARK-A-BLE PUMP!

WE HOPE YOU ALL HAD FUN



SINGING AND PLAYING AND COLORING!!

WE'RE FIGHTING FOR
YOUR LIFE



American Heart
Association

National Center • 7320 Greenville Avenue • Dallas, Texas 75231

64-009-0 (CP)
81-87-180M
2-88-30M
81 08 20 A